

FOOD THAT MAY KILL

Meals Taken Under Certain Conditions Are Dangerous.

THEY SIMPLY BREED POISON.

One Should Never Eat When Hurried, Excited, Angry, Anxious, Grieved, Worried or Shocked, For at Those Times Digestion Cannot Take Place.

A wise man has said, "Circulation follows attention." That is, whenever there is need for the activity of any function the organ which performs that function receives an increased flow of blood. For instance, a man has taken a long walk and arrives home tired and ravenously hungry. As he enters the house he catches the aroma of cooking food. What happens? Why, to use a vernacular phrase, "his mouth waters." The attention is directed to the need of eating, and the organs engaged in eating and digestion at once begin to get a greatly increased supply of blood.

It is out of the blood that these digestive organs manufacture their various fluids by which each organ accomplishes its special part in the work of digestion; so when an increased quantity of blood is poured into them each organ begins at once to make large quantities of its peculiar fluid.

The salivary glands are in the mouth, under the tongue mostly, and when a greatly increased quantity of blood is sent to them they at once elaborate and pour out into the mouth a portion of their contents; so the hungry man who smells the odor of cooking food waters at the mouth. Thus the mind governs the body.

Now, the action of the glands of the mouth which produce saliva is exactly like the action of the glands elsewhere in the body which produce gastric juice, pancreatic juice, bile and other fluids, through the associated action of which the process of digestion is carried on. When the hungry man smells the aroma of food there is a rush of blood to all the digestive organs, mouth, stomach, small intestine and liver. As a result of this increase of circulation there is suddenly poured out more digestive fluid, not only saliva, but the others as well. The gastric juice begins to flow, the pancreas and liver get ready, and the entire digestive system is prepared and able to take care of any food which is reasonable in kind and quantity.

The point of greatest importance in all this is that these fluids are poured out only when the mental condition is right—when there is in the mind a desire for food. If there should be any feeling of disinclination for food, if there should be even an indifference to food, the food taken under such circumstances would not and could not be properly digested.

If there is in the mind any feeling other than desire for food, if just previous to eating or while eating any thing should occur to disturb or distract the mind, then there would be immediate derangement of the circulation. Under these circumstances the blood would be withdrawn from the digestive organs and the elaboration of the fluids of digestion would cease. Then, of course, the body would be in no condition to receive or digest food.

Suppose that our friend returning from his long walk greeted at the door by the odors of fragrant viands a few moments later is handed a telegram informing him of the sudden death of his only son in a distant city. What happens then? At once there is a profound change in the circulation. The blood which a moment previously was massed at the stomach and other organs of digestion, all ready to take care of the meal, is at once switched off to the brain. The man flushes and then pales. His muscles lose their

power. He drops into a chair, perhaps he weeps. Hunger? It is the last thing in his thoughts. "I cannot eat!" he cries. "Oh, my son, my son!" And the same perversion of the circulation occurs in anger, anxiety, worry, jealousy, haste, excitement or any other state of mental pain or inquietude. All these conditions simply put the digestive organs for the time "out of business." Food taken under such conditions cannot possibly be digested. Instead it will ferment, putrefy in the system and will be the cause of discomfort, of disturbed function, of disease, perhaps of death.

Does this seem extreme? Let me tell you a story. A great, strong, big breasted, energetic man comes in from a day's fishing. He is delightfully tired, "hungry as a bear." At the hotel he finds waiting for him a telegram bad news. He says, "I can't eat." His friends persuade him. He eats a hearty meal. In two hours he is dead. It is a true story. I know of a score of such cases.

And from all this what can we learn? We can learn this: We must not eat when we are hurried, excited, angry, grieved, anxious, worried or shocked for food at such times will do us only harm—will perhaps send us with in decorous promptitude to that bourne from which no traveler returns. Food taken under such conditions will not digest, but will promptly begin to decompose, forming poisons that will produce any one or more of a numberless multitude of symptoms, ranging from simple headache to death from heart failure.—W. R. C. Latson, M. D., in New York Tribune.

Excusable.

Mrs. Suburbanite—John, that's twice you've come home and forgotten to bring the lard.

Mr. Suburbanite—It's so greasy it slipped my mind.—Judge.

There's nothing so good for a sore throat as Dr. Thomas' Electric Oil. Cures it in a few hours. Relieves any pain in any part.

FREAKS OF CLOCKS.

Electric Storms May Stop Them and May Also Start Them.

"A watch may need cleaning when it is not dirty at all," said a watchmaker, quoted in the Washington Post. "This sometimes accounts for a great deal of misunderstanding between the owner of a new watch and the watchmaker to whom it is brought for examination. Furthermore, a watch which has never been worn may need cleaning."

"A common reason is that oil in a watch may have dried up around the pivot and become sticky, thus causing a watch to go very slowly or stop entirely, in which case of course it needs not only cleaning, but the addition of fresh oil."

"The oil which is considered best for watches is made from the porpoise or blackfish jawbone. These oils have a most disagreeable odor and have to be treated chemically before being used."

"The skeleton of the fish, with only the head left on, is hung in the hot sun for several days and the oil allowed to ooze out slowly. All the volatile parts of the oil are naturally neutralized in this manner, and the oil collected is said to remain fluid and clear when it comes in contact with metal for as long as ten years."

"Makers of chronometers are especially scrupulous in the preparation of oils, owing to the accuracy which is demanded of these delicate timepieces, and often prepare their own oil by mixing porpoise, sperm, olive and neatfoot and a small quantity of mineral oil. When these oils are mixed, it is customary to keep them in an unopened bottle exposed to the sun. This is done to allow all foreign and coloring substances to fall to the bottom, after which the oil is filtered through a mixture of charcoal dust and animal charcoal."

"Clocks sometimes stop running for no apparent reason. During an electric storm it is not uncommon for them to stop abruptly, only to resume their regular functions with as much accuracy as ever after a certain interval of time. This interval may be only for a few moments or it may be for years."

"On the other hand, electric storms have been known to be responsible for the starting of old clocks which have remained mute and inactive for years. Imagine the utter amazement of the members of the household upon suddenly hearing the solemn tick-tack of a stately old hall clock which from all appearance had long ago retired from active service."

The Serious Breton.

The Breton is stalwart in stature and stern and serious in disposition. He has bowed his life out amid the serious things and along the rocky roads. His bronzed face looks austere, but beneath his blue blouse beats a heart warm and true. The primitive simplicity of his life and the intenseness of his religion give the Breton short view of the frivolities of existence. He carries his religion into his daily life and work, and along all the roads are gaudy crucifixes, which the peasants never pass without kneeling and crossing themselves. It is characteristic of all these Brittany folk that they mind their own business. I don't know what the result would be if you were to try a joke on them. I should be afraid to undertake it. Life is a serious problem to the Breton. It is homespun for him even though the rest of France may be arrayed in silks. He has worked out an existence against great odds, and it has given him a character and physique which make him notable among his fellow countrymen.—Frank Presbrey in Outing Magazine.

THE TREE FROG.

Its Power of Changing Color For Self Protection.

The tree frog is found throughout the eastern United States, ranging west to Kansas and Texas and north into Canada. It inhabits woods and orchards and is found on trees, stone walls, fences and houses. The eggs, which are deposited early in May, are attached singly or in small groups to grass or dead stems at the surface of the water. Early in July the young have passed through the tadpole stage and leave the water. They are green at first, but soon turn to gray or gray and green. The tree frog is largely nocturnal in habits and feeds on insects. It is notable for its many color changes and varies from almost white to green or dark brown or various combinations of green and gray.

While the tree frog is common throughout the eastern United States, its purring trill is far more familiar than the frog itself, owing to its retiring habits and powers of resembling in color the object on which it rests. The tree frog is thus one of the best as well as one of the most familiar examples of what is called protective coloration, a resemblance in color between any animal and its surroundings that renders it inconspicuous and enables it to elude the eyes of animals.

Miss Mary Dickerson in "The Frog Book" says: "The color varies greatly at different times and in different conditions. In bright light and high temperature it may be yellowish white with no markings. In a dark, moist or cool place it may be deep stone gray or brown. When the background of color is green his characteristic markings may or may not appear. The changes of color are not rapid, an hour at least seeming necessary to create any radical difference. But it is usually true that the given dress harmonizes so perfectly with the surroundings that the tree frog is as invisible as though he were Perseus in his charmed helmet."

First Aid.

Mr. Figgins, the head of the family, observing that the eaves over his kitchen had become clogged by autumn leaves, climbed a tree standing near the house, with the intention of removing the obstruction. Just as he was about to scoop out a handful of the leaves the dead limb on which he was standing gave way, and he started to fall. Instinctively grasping at other limbs and managing to get his legs round the trunk of the tree, he checked his fall and hung there, head downward, holding on with all his might.

"Sophia!" he yelled. "Come out here, quick!"

Mrs. Figgins, terribly alarmed, came hurrying out.

"Oh, Arthur," she exclaimed, "how did that happen?"

"Never mind how it happened!" he shouted. "Get a chair!"

The chair was brought.

"Now stand up on it."

"Arthur, I'm not strong enough to help you down!"

"I'll get down all right," he panted, "as soon as I can get right end upward. What I want you to do is to take this fountain pen out of the holder in my vest pocket. It's leaking like anything."—Youth's Companion.

Origin of "Robin Adair."

Those who have a leaning to the sentimental side of history will accept the version that the hero of the ballad was a young and handsome Irish surgeon, who, finding his way into London society about the middle of the eighteenth century, was fortunate enough to secure the affections of Lady Caroline Keppel, daughter of William, second earl of Albemarle, and his wife, Lady Anne Lennox, daughter of Charles, first duke of Richmond. The match was naturally looked on with disfavor by the family of the young lady, and it was during a period of temporary separation that Lady Caroline is said to have written the words of "Robin Adair" and set them to the old Irish tune of "Eileen Aroon," which she had learned from her lover. At length, however, love triumphed, and the pair were united on Feb. 22, 1758. Within a few days Adair was appointed inspector general of the military hospitals and, subsequently becoming a favorite of the king, was made surgeon general, king's sergeant surgeon and surgeon of Chelsea hospital. He died in 1790, leaving an only son, who entered the diplomatic service and became the Right Hon. Sir Robert Adair, G. C. B.—London Notes and Queries.

Order of the Golden Horseshoe.

How many persons have ever heard of the Order of the Golden Horseshoe, the first order founded in America?

In 1724, when Virginia extended from the Atlantic into the unknown west, few of her colonists had crossed the Blue Ridge or the Alleghenies. So full of dangers from savages and wild beasts and so full of natural difficulties was the passage of these terrible heights that Governor Spotswood, setting out to discover a pass, looked on the expedition as so hazardous that he took with him a guard of "soldiers, gentlemen and pioneers," armed and carrying provisions. These scaled the pass with great hardships and perils and returned after the governor had cut the name of King George in the rocks on the highest peak.

He then constituted the society, or order, of the Golden Horseshoe. Each man who had scaled this high pass was made a member of it, and to each one he presented a golden horseshoe. On the side was inscribed in Latin, "So It Pleases Him to Cross Mountains."

Any man thereafter who could prove that he had read with his own eyes the name of the king on the height was entitled to become a member of this order.—Chicago Record-Herald.

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What Gluten Is.

What is gluten? Well, spend ten minutes and find out—not all about it, but something about it. Obtain a heaping tablespoonful of white flour. Add a little water to it in a saucer and dough it into a compact ball. Turn on the tap in the sink and let the water drip from your hands as you roll the ball between your palms. The ball will grow less and less, and the water will be white with starch cells held in suspension. In ten minutes, more or less, the water will run clean and clear and you appear to have a nodule of yellow, firm, vegetable gum, which you are tempted to call "pure" gluten. Become a gun chewer for once and keep a-chewing for a couple of hours. At the end of this time the quantity of gluten is less than when you took it from the hydrant. What has happened? You have simply mechanically crushed and broken the gummy mass, exposing the infinitesimally fine starch cells to the moisture of the mouth and the washing out of the raw insoluble starch has continued, just an extension of the sink washing process, with greater mechanical elaboration to expose the entangled starch cell. Now take the piece of gluten to an analytic chemist. When his report comes in you read "starch 15 or 18 or maybe 20 per cent, gluten \$5.82 or 80 per cent." and begin to appreciate for the first time what real gluten is.—Scientific American.

Boys' Life Saved.

My little boy, four years old, had a severe attack of dysentery. We had two physicians; both of them gave him up. We then gave him Chamberlain's Colic, Cholera and Diarrhoea Remedy which cured him and believe that saved his life.—William H. Stirling, Carbon Hill, Ala. There is no doubt but this remedy saves the lives of many children each year. Give it with castor oil according to the plain printed directions and a cure is certain. For sale at Seyers drug store.

Thousands Have Kidney Trouble and Never Suspect It.

Prevalency of Kidney Disease. Most people do not realize the alarming increase and remarkable prevalence of kidney disease. While kidney disorders are the most common diseases that prevail, they are almost the last recognized by patient and physician, who content themselves with doctoring the effects, while the original disease undermines the system.

What To Do. There is comfort in the knowledge so often expressed, that Dr. Kilmer's Swamp-Root, the great kidney remedy, fulfills every wish in curing rheumatism, pain in the back, kidneys, liver, bladder and every part of the urinary passage. It corrects inability to hold water and scalding pain in passing it, or bad effects following use of liquor, wine or beer, and overcomes that unpleasant necessity of being compelled to go often during the day, and to get up many times during the night. The mild and the extraordinary effect of Swamp-Root is soon realized. It stands the highest for its wonderful cures of the most distressing cases. If you need a medicine you should have the best. Sold by druggists in fifty-cent and one-dollar sizes.

You may have a sample bottle and a book that tells all about it, both sent free by mail. Address Dr. Kilmer & Co., Binghamton, N. Y. When Home of Swamp-Root, writing mention this paper and don't make any mistake, but remember the name, Dr. Kilmer's Swamp-Root, and the address, Binghamton, N. Y.

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If you suffer pain from any cause, Dr. Miles' Anti-Pain Pills will relieve it—and leave no bad after-effects. That's the important thing. Neither do they create a habit. More often the attacks become less frequent, or disappear altogether. Dr. Miles' Anti-Pain Pills have no other effect except to relieve pain and quiet nervous irritation.

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